BAR HILL NEWS

Brought to you by the Bar Hill Community Association
December 2024 Issue 663



Congratulations to Poppy (Age 8) from Bar Hill Primary School who wins this years colouring competition! See back page for runners up, with other entries throughout this special issue.

Merry Christmas from your local Vets

Proud sponsor of the Bar Hill Christmas tree

We're excited to see you all next year!

Vets for Pets

Bar Hill

BAR HILL COMMUNITY ASSOCIATION

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If you'd like to contact the BHCA then you can either;

- Write to us at **Parish Council Offices, Hanover Close, Bar Hill. CB23 8EH**
- Email the Chair of Trustees at **chair-of-trustees@barhill-ca.org**, or
- Call/ message/ WhatsApp **07814 871752**.

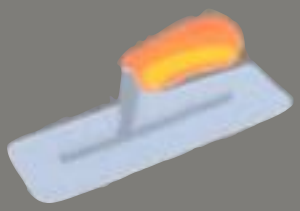
We meet monthly on the second Tuesday at 7:30 pm in the Fox. If you'd like an agenda please get in touch!

Opinions expressed in this publication are not necessarily those of the Association. Anonymous letters will not be published. Names and addresses may be withheld.

There is no charge for Articles, What's On, For Sale or Lost and Found. These appear at the Editor's discretion.

All items should be submitted to **bhn-editor@barhill-ca.org**

See www.barhill-ca.org



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LETTERS, NOTICES & ANNOUNCEMENTS TO THE EDITOR

Please send your letters & notices to **bhn-editor@barhill-ca.org**. Thank you!



Bar Hill HAPPY HOURS Club

The Bar Hill Happy Hours club meets in the main bar area of the Bar Hill Sports and Social Club between 2 and 4pm on Friday afternoons for tea/coffee and cakes, getting together with friends, fun and games. All of this for only £2 per person. The bar is open if you want something extra.

We are looking for new members to join us, so if you are 50 or over, want to get out, see some old friends, meet some new ones and have some fun why not come along!.

Coming up in December:

6th: Christmas Jumper Day
13th: Bingo and a Quiz
20th: Bingo and a Quiz
27th: Meet up in the bar – no official club

If you give us a try your first week is free.

WISHING YOU ALL A MERRY CHRISTMAS AND A HAPPY NEW YEAR!!

Special thanks to the BHSSC, especially Wally, and TESCO who supported us throughout the year!

Anne Plumb | **01954 780364** | **anne@rwp10.plus.com**

Bar Hill Indoor Bowls Club

We meet in the school on Friday evenings during term time only from 7.30 pm to 10pm with a 1/2 hour break for coffee. We are a very friendly group and we would love to have some new members. It doesn't matter if you have never played before just come along and join us one Friday, the cost is £3 per week but the 1st week is free.

So why not come along and give it a try?

If you would like more information please contact me on **01954 204171 / 07847 327709** or **barbara.page@live.co.uk**

Dear Editor,

I would like to say a very big thank you to all the wonderful volunteers who helped at the Royal British Legion Poppy appeal stall in Tesco's.

Also to the staff and management of Bar Hill Tesco who as usual went out of their way to ensure we were looked after (and also given free tea & coffee!), and to all the lovely people that bought poppies.

It looks like we will be just short of £16000, which is £3000 up on last year. A superb effort from everyone!

Maggie Cox (Poppy appeal organiser)

Dear Residents,

The County Council is running an Active Travel Survey specifically for Bar Hill. This is available online;

https://bit.ly/bhactivetravel2024

The purpose of the survey is to create an evidence base for further improvements to the spinal paths as well as the long requested project to complete and connect up the path around the ring road.

The Parish Council will also be able to apply for Local Highways Initiative funding to using the evidence from this survey to show support and need.

Please complete the survey so your views can inform future decisions!

Andy Pellew

BHCA Chair of Trustees & BHN Editor

The deadline for submissions is the second Thursday of the Month. Please send your article to **bhn-editor@barhillca.org** (PDF, Word, Pages, etc)

December 2024 Timetable

Every Monday, 10- 12 (unless otherwise listed) in the Octagon (opposite Maple Surgery)
The Hub is for people of all ages as a place to gather & enjoy community!

2 December	Coffee Stop, Food bank, Meet a Parish Councillor, and 5AsideChess	Health & Wellbeing 10:15 -10:45
9 December		Carers Café 10-11:30 Christmas Social
16 December		Evergreens (NOTE change of date!)
23 December		
30 December	NO HUB TODAY	

WHEN: Every Monday 10am – 12pm (but not December 30th!)

WHERE: The Octagon (opposite Maple Surgery), Bar Hill, CB23 8EH

WHAT: Our vision is to create a fairer and friendlier community, so everyone can thrive and knows where to turn to for warmth, welcome, friendship and support. **The Hub** is a busy gathering space, providing a warm, comfortable, welcoming space for our entire community. Come along and join us, we look forward to seeing you!

Coffee Stop: Pop in for a coffee, a piece of delicious home-made cake and a chat with friends, old and new!

Food bank: No need for any vouchers. If you are struggling financially, drop by and let us help you, available between 10 am and 11.30 am

Citizens Advice: NOTICE: for health reasons of our advisor, the village Citizens Advice service will cease with immediate effect. To book an appointment for face to face, email or telephone advice with our Cambridge office please use the following contact info: E: https://www.cambridgecab.org.uk/get-advice/email-us/, or phone 0808 278 7808

Evergreens: a safe space for those with memory loss to enjoy: Conversation, Connection, Celebration. Accompanied by a carer, friend or family member. When: 4th Monday of each month. NOTE: Initially clients/carers are being identified and invited in partnership with the village Social Prescribing team.

Health & Wellbeing: On the 1st & 3rd Monday, take advantage of some exercise guidance from our experienced coach and visiting speakers (starting at 10.15am)

Carers Café: On the 2nd Monday of the month, providing support for any carers in the village, even if you are not a patient of Maple Surgery

Meet a Parish Councillor: you can meet one of our Parish Councillors to discuss any issues within our village, between 10am and 12pm within the Coffee Stop. Just look for the sign within the Coffee Stop.

5AsideChess (within the Coffee Stop): A great way to connect and start a conversation with people happy to teach you this wonderful game. Come along and join us for refreshments and a chat!

Your Community Hub…in the community, by the community, for the community!

Salaried GPs

We have managed to finally recruit 2 salaried GPs to work at maple Surgery. They will both be starting in January. This is exciting news for us, and I am sure that you will all join us in welcoming them to the Practice when they arrive.

Flu vaccinations

Following the very successful clinic that took place at the beginning of October where we managed to vaccinate an unprecedented number of patients, we are not putting on any more dedicated flu vaccination clinics. We are, however, still offering flu vaccinations to any patient who is eligible. If you would like to be vaccinated, please make contact with the reception team who would be happy to book you in.

Repeat prescription ordering from 1st January 2025

Repeat medication ordering for Maple Surgery patients is changing a little from 1st January 2025. We will no longer be accepting repeat prescription requests into the cpicb.maplesurgery.repeats@nhs.net inbox from this date. There is a message that you should receive if you are currently using this facility advising of this change.

To ensure that all patients are still able to make requests for their medications, here are the options available to you:-

- Paper copies - We are still taking paper copies - you can drop these at the Practice in the mailbox near the main entrance.
- By using NHS app
- By using Airmid app
- By accessing SystmOnline via our website
- By using SystmConnect via our website. SystemConnect can also be used for requesting a fit note; for requesting a recent test result; for other admin requests (cancel appointment, provide updated personal details - change of address for example).

Practice closure for training

The practice will be closed from 1.00pm for training on the following dates: Wednesday 20th November 2024 and Thursday 23rd January 2025



REMAP making things possible

What does Cambridge REMAP do?

- REMAP volunteer engineers design and make bespoke equipment for people of all ages (babies to elderly), with a disability.
- We can make equipment to facilitate Mobility, Personal Care, Hobbies, Communications, Sports, etc.

How can get I help from Cambridge REMAP?

- If you are struggling with a physical task due to a disability, get in touch.
- REMAP engineers often work with health professionals, such as OTs and Physios, but Carers and individuals can also contact REMAP directly (details below).
- Our service is provided free of charge

Cambridge.Secretary@remapgroups.org.uk
Tel: 07946 019175
www.remap.org.uk Remap.org @RemapUK

BAR HILL DISTRICT COUNCILLOR'S REPORT

Cllr Bunty Waters - **bunty.waters@ntlworld.com**
01954 201421/ 07734 690580

Welcome if you are new to the village, meet me in the HUB on Monday mornings for a coffee, you can contact me if I can help in any way.

Handyperson Service

South Cambs help fund Cambridgeshire Handyperson Services run by Age UK Cambridgeshire and Peterborough - who offer a free Home Safety Assessment. This service supports disabled and older people in their own homes to live independently and safely for longer. Handyperson jobs can also be completed at a rate of £30 per hour. These include: • Door access step • General carpentry and putting up shelves • Assembling flat-packed items, general plumbing, renewing shower sealant, changing taps and washers • Fitting blinds / curtains • Key safe supply and fit. (£65 is charged for this service) • Banister and galvanised rails. (Quoted for individually) • Grab rails. (Free) • Changing light bulbs. (Free, if completed at assessment).

For more information: phone **01480 700 205** **envelope chp@ageukcap.org.uk**

Recycle your Christmas tree

Arthur Rank Hospice Charity's will once again be on-hand to collect your real tree in January, hassle-free, and for a donation. Residents can register for a collection at **www.arhc.org.uk/tree-recycling**. Last year the Hospice's volunteers collected a record 3,600 trees and raised over £65,000 for the charity!

Council Tax Single Person Discount.

The project, which began in July 2023, has identified more than £800,000 worth of lost Council Tax income, which was due to public services provided to South Cambridgeshire residents.

Data gathered as part of the initiative indicates that around two in 10 claims reviewed by the authority were being claimed incorrectly.

Where there is a debt identified, it is recovered through the normal Council Tax billing process, with the income used to fund public services.

As part of the International Fraud Awareness Week 2024 (17 to 23 November) the District Council is urging people to #DoTheRightThing and report any changes of circumstances which may affect their Council Tax liability. For more information about entitlement please visit the Council's webpage.

The District Council is also asking anyone with information on suspected fraud to report this using the online reporting link.

Community Chest Grant

Funding needs to benefit residents in our district, leave a legacy for the community, ensure equality of access as well as help us deliver one or more of the following aims: • Promote healthy and active communities • Enable inclusive communities • Develop skills • Enhance the natural environment/a sustainable increase in local biodiversity • Deliver community engagement through the creation or refreshing of a Community-Led Plan • Provide a benefit to those affected by the cost-of-living crisis

To apply for up to £2,000 in funding you will need to either belong to a non-profit group or organisation (including Community Interest Companies). Just email **community.chest@ scambs.gov.uk**

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8 o'clock club

The club is a women's group and we meet in the school on the 1st Thursday of the month at 7.30 pm.

Our fee is £15 per year and £1 each meeting for a hot drink and raffle.

Our Christmas dinner for members only is on Thursday 5 December in the social club at 12.30 pm.

We welcome new members to the club. If you would like to join please come along to one of our meetings or phone Barbara **204171** (**07847 327709**) Adela **204265** or Ann **204687**

Please note there will be no meeting in January.

Help! We're missing something …

Maybe it's an article by a group you support? A bit of local news? Or even details of an event? Let us know! Deadline for January issue is **Friday 6th December**.





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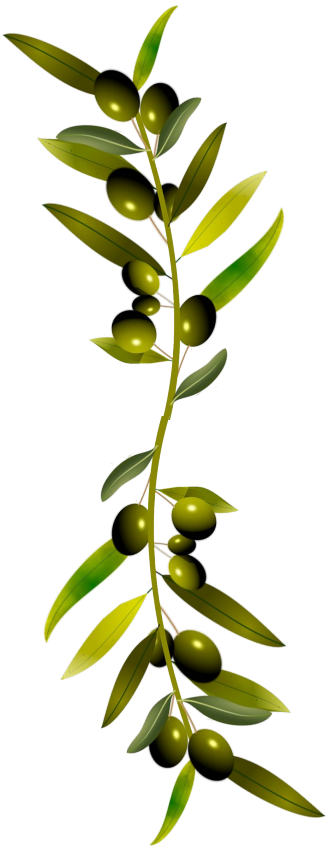
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Olive Tree Bereavement Group



Our next meeting is on Saturday 14th December and the following one will be on 11th January. Meetings are held in the Octagon at 10.30 am and refreshments are provided.

We will be pleased to see you if you are a regular member, a new member or if you have never been before.

Winter is fast approaching; the nights are drawing in and Christmas will soon be upon us. This can be a challenging and lonely time for many, and if you are in this position you are very welcome to come along and meet others who may be similarly affected.

We are a very welcoming group where you can talk freely and where your confidence will be respected. There will be time to share your experiences, join in discussions and get to know others in the group.

If you are not sure if the group is right for you, please phone one of us to discuss it. We welcome all newcomers but would ask that you come at 10am so that we can explain the format.

The leaders, who are CRUSE trained, and the other members of the group will offer a warm welcome, and you will meet other people who have been through loss and who understand the pain and difficulties that this brings.

For more details telephone Sue Kenchington on **790260**, or Chris Stannard on **781978**.

Over Memory Café

inviting all people living with memory loss, their families and carers, to join us for Music, Refreshments and Fun.

Saturday, December 28
Saturday, January 25
Saturday, February 22

from 10 am to 12 noon

at The Over Day Centre, 1 Drings Close, Over, CB24 5N
wheelchair accessible, free parking available

please visit https://www.facebook.com/OverMemoryCafe/

Saturday, December 14
Saturday, January 11
Saturday, February 8

Willingham Memory Box Café

Invites people living with memory loss (from any cause) and their carers to join us for Music, Company, Chat, Refreshments and Fun

from 10 am to 12 noon

In The Octagon
(behind Willingham Parish Church, with wheelchair access and no steps)

or vist our facebook page www.facebook.com/WillinghamMemoryBoxCafe/

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Services in December

Sun 1 Dec, 10:00am - Advent Café Church
Sun 8 Dec, 10:00am - Gift and Crib service
Sun 15 Dec, 10:00am - Holy Communion
Sun 22 Dec, 10:00am - All-together Worship
Tue 24 Dec, 11:30pm - Midnight Communion
Wed 25 Dec, 10:00am - Family Service

See page 41 for Carols by Candlelight details, and Page 46 for our Christingle Service



Depression can happen to anyone – it is not a sign of weakness

World Health Organization

Bar Hill library

Rhymetime

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2.30pm—3pm

Maggie's Winter Raffle is Live!

Buy your tickets now for the opportunity to win one of our fantastic prizes: Meal for two at Fin Boys, Mill Road, Bespoke garden bench from Hudson Timber, Cowshed toiletries hamper, Apple AirPods, Afternoon Tea for two at the Hilton Hotel Cambridge, … and more!

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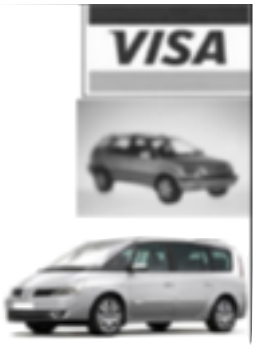
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BAR HILL COUNTY COUNCILLOR'S REPORT

Cllr Edna Murphy - Edna.Murphy@cambridgeshire.gov.uk
01223 577005

Survey for Bar Hill

I will be dropping these surveys through letterboxes and knocking on doors to hear from residents myself. But please do complete the survey online as this is often quicker and easier!

You can access it online:

https://bit.ly/bhsurvey2024

Don't worry if you want to skip some questions and just focus on your main points. Thank you in advance and we look forward to hearing your views.

Quality of life in Cambridgeshire

Residents continue to feel happy, safe, well connected to their local communities, and believe the County is a great place to raise children - all according to the second annual Quality of Life survey.

5,500 residents took part in the survey—1,100 in each of Cambridgeshire's districts.

This year the council engaged with some specific groups including those with lived experience of homelessness, the criminal justice system, drug or alcohol dependency as well as those under the age of 18. A general online public survey allowed all resident to take part.

In numbers:

- 72% have high or very high levels of happiness. Higher than the national average.

- Residents felt positive about their area; 85% feel safe, 75% feel they belong.

- Fewer residents report struggling with mental health this year (37% down to 29%) and a lower proportion report issues with physical health (40% down to 31%).

- Significant numbers of young people (43% of 25–34-year-olds and 40% of 18–24-year-olds) continue to be more likely to report mental health struggles.

- Residents reporting that they often feel lonely remains high at 31% of residents.

- Younger residents are again more likely to report loneliness (53% of 18-24 year olds).

- Cost of living remains residents' highest concern, with 87% of residents concerned this year.

The County's budget 2025-26

The council's current position forecasts an overspend of £9.6M for the current financial year—that's 2% of its budget. The county council's estimated budget gap for next year (2025/26) has increased from £23.5M to more than £39M, largely due to a combination of increasing demand for services, inflationary pressures, and uncertainty over future funding from Government.

Over the last ten years, the council's core government funding has reduced by 70% in real terms. Combined with more steep rises in inflation and a surge in demand for services supporting some of our most vulnerable residents, this has added further cost pressures to the council.

Trench rebuilt

A longstanding problem on Crafts Way has been repaired. Every vehicle that drove across the trench sent an impact through the material under the road which reverberated under the houses in Foxhollow.

The company that did the faulty work in the first place had served out their guarantee, so the County Council stepped in to make good the repairs.

Wishing you a peaceful holiday season!

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Bar Hill Sports & Social Club

We are a family friendly members' club in the heart of the village. Join us for a great meal, all the latest sporting events or just a drink with friends and family. Monthly special offers and even free draws for members to win meals out.

OPENING HOURS:

Mon 5-9 pm, Tues - 5-10.30 pm, Wed - 5-11 pm. Food 5-9 pm with 25% off, Thurs - 5-11 pm, Fri - 2 pm-midnight. Food 4-10 pm, Sat 12-midnight. Food 4-10 pm, and Sun - 12-9 pm. Children under 12yrs welcome till 9 pm except Saturday.

For all info see our website, follow us on Facebook and instagram, or drop us an email at the details below.

DECEMBER EVENTS:

Tues 31st - NYE disco



Bar Hill Memorial Garden

We are approaching Winter. The leaves are dropping daily, but many of the wonderful colours can be found around our village.

At long last everyone can see what wonderful work and changes to the Memorial Garden, have taken place. Our grateful thanks to John Hinchliffe who has installed the plaques. My grateful thanks go to the whole team who help maintain and have worked so hard in the garden.

The refurbishment costs of £5000.00p plus have been met by donations / grants from individuals, The Parish Council , The Community Association, South Cambridgeshire Community Chest, The Co-Op. for which we are extremely grateful.

If you would like to donate towards the upkeep of the Memorial Garden, cheques / cash may be left at 7 Acorn Avenue made payable to Bar Hill Memorial Garden or alternatively paid directly into Bar Hill Memorial Account at the Cambridge Building Society Account Number 1768402740 Sort Code 20-17-55 If you wish to talk to someone re a donation then please phone Chris on the numbers below. Thank you once again to all those who have given financial support for this work.

Should you wish to place a Memorial Plaque then contact Chris Stannard **01954 781978**, Mobile **07711 623425**, **c.e.stannard1@gmail.com**



BAR HILL PARISH COUNCIL

Parish Council Office, Hanover Close, Bar Hill. CB23 8EH
01954 780456 - clerk@barhill-pc.gov.uk
Chairperson: **bunty.waters@barhill-pc.gov.uk**

Correspondence



For any correspondence please contact the Clerk in the first instance (see above). Parish Office Opening Hours Mon-Fri 9:00am - 5:00pm.

Overgrown Vegetation

Just a gentle reminder to please cut any vegetation that may be growing over fences on your property and encroaching across the public footpaths around the village, this is the responsibility of all householders.

Contact the Clerk

Please contact the Clerk with any issues around the Village. The Clerk can be contacted via email clerk@barhill-pc.gov.uk or by phone on 01954 780456. Alternatively pop by the office if the Clerk is not there she will be on a site visit and can be contacted on the office mobile which can be found on the notice on the door.

Tree and Green Works

You will see contractors around the Village carrying out the Tree and Green Works.

Next Meeting Dates:

Environment & Amenities: 4 December 2024, and Full Council: 12 December 2024

www.barhill-pc.gov.uk

Hedgehog Fact: Hedgehogs have about 5,000 to 7,000 spines on their back! Each spine (or quill) is hollow and made of keratin, like human hair and nails. When threatened, hedgehogs curl into a tight ball to protect their vulnerable face, belly, and legs. This defensive posture is one of their main survival strategies.

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If you would like to visit and see what we do at a meeting, please feel free to either come along or contact Wendy Arrowsmith on **01954 781381** or Malcolm Cox on **01954 488657**.

Dates for your diary for 2025;

- 23rd January social members only
- 27th February
- 24th April
- 26th June
- 28th August
- 23rd October AGM

We would also to thank the Ladies of the Knit and Natter group for knitting poppies for the Poppy Appeal, these were used to make 2 banners, and the rest were put on the table in Tesco, and these have all gone and contributed the to the Appeal.

The Poppy Appeal has raised more than £11,000 as of 6th November. Thank you to all those who have donated.

ROYAL BRITISH LEGION

Helping hedgehogs in December

December can be challenging for hedgehogs, especially if they haven't built up enough fat reserves to survive hibernation. Here are ways you can help hedgehogs during this time:

- Food and water (not bread or milk!)
- Provide shelter
- Create a Hedgehog-Friendly garden
- Help late or underweight hedgehogs
- Keep feeding stations clean

Helping hedgehogs in winter not only increases their chances of survival but also contributes to local biodiversity. For help and advice please contact: Liz Dams **07912 988898**, or Shepreth Hedgehog Hospital **07947 361187**.



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BAR HILL TENNIS CLUB

In my earlier Bar Hill News articles I have highlighted the declining numbers of people joining the Club and the danger of the Club ceasing to exist.

However following our Open meeting on the 6 November where we were joined by a significant number of Pickleball players we have resolved to move forward with a view to embracing Pickleball and changing the Club name to reflect this. We anticipate our new structure being formalised at our Annual General Meeting in March 2025.

Emily and Richard Lewney are leading a sub group with a view to improve our facilities by resurfacing and relining to include Pickleball courts. To achieve this the group will focus on obtaining quotations to undertake this work and securing funding to make this possible. If anyone is interested or able to help in any way please get in touch with us.

Our Pickleballers are continuing to play on our courts, subject to weather on Fridays at 10am. We're also playing indoors at the school on Tuesdays 18.30-20.30. Why not give Pickleball a try?!

Have you remembered to take advantage of our reduced winter tennis memberships?

Winter tennis membership allows you to play at any time from 1 September through to 31.3.25: Adult: £25, Junior: £5, and Family: £45

Floodlights use per session £5.

It might be colder but subject to weather you may well still see members playing tennis on our Tuesday or Club nights (18.30 – 21.00).

We welcome players of all abilities.

Paul Chubbuck (Secretary) | **07983 435104**

Emily Lewney (Pickleball) | **07954 180582**

Wildlife Gardening in December

December may seem quiet in the garden, but there's plenty you can do to support wildlife through the winter months. Here are some ideas for wildlife-friendly gardening:

1. Create Shelter for Wildlife

Resist the urge to cut back plants with seed heads. Plants like sunflowers, teasels, and coneflowers provide food.

Leave piles of leaves and wood as these can act as shelter and warm hiding spots for hibernating animals, like hedgehogs, frogs, and insects.

2. Set Up Bird Feeders and Baths

Birds have fewer food sources in winter, so putting out high-energy options like fat balls, sunflower hearts, and peanuts to keep them warm and energised.

Fresh, clean water can be hard to come by in winter, especially if it freezes. Check your birdbath daily, breaking any ice, and refill with clean water.

3. Create Shelter and Nesting Sites

Make or leave piles of logs or sticks in a quiet corner of the garden. These create habitat for insects, fungi, and even small mammals.

If you have hedgehogs in your area, putting out a hedgehog house filled with dry leaves or straw as a safe hibernation site.

4. Plant Native Trees and Shrubs

Winter is a great time to plant native evergreens like holly or berry-bearing shrubs, such as rowan and hawthorn. These provide winter shelter and food for birds and small mammals.

If conditions allow, you can plant native wildflower seeds in cleared patches or consider plants that will benefit pollinators next year, like foxgloves or heathers.

By focusing on providing food, shelter, and water, you can help support wildlife through the winter.

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Crafts Shed - December 2024

CraftsShed members continue to meet in the Octagon Meetings Room, on Thursday Mornings from 0930 to 1230. Whilst extremely grateful to the Leadership of Bar Hill Church for letting us do this we still require new accommodation. We are working with both the Parish Council and County Council to help find and secure a suitable venue. The new storage shed has been erected behind the Octagon. This has been funded by a "Community Chest Grant" from South Cambs District Council for which we are extremely grateful.

CraftsShed is a Registered Charity supporting our local Community. Many various benches have had a makeover in our village in the Children's Playground, Tennis Courts, Allotment Society and also near to the Scout Hut. Other items repaired / upgraded are a Rocking Chair, Garden BBQ Trolley. Please visit our Website @ https://craftsshedbh.wixsite.com/barhill

We don't only meet for coffee / tea but also arrange a trip out to places of interest. As you read this article we will have visited the Fitzwilliam Museum looking at wooden tools in Egyptian times. Other Cambridge Museums have been visited including the Cambridge Museum for Technology. This was a most interesting visit. Other visits will also be arranged. If you are over 18 and would like to come and join us, please contact Chris or Nick below. We look forward to welcoming new members.

May we take this opportunity to thank the Community for their Support this year.

It remains to wish all our Community an Happy Christmas and a Healthy New Year.

If you would like further information please call Chris Stannard **07711 623425** or Nick Gunton on **07484 2555214**

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Bar Hill Primary School

NEW OUTDOOR LEARNING ENVIRONMENT

There have been exciting developments to our school grounds over the half term break and we are delighted to share with you the first pictures of our new outdoor learning environment – 'The Maples', named after the three new trees that have been planted within the area.

The development has been made possible by support from the Open School Facilities funding program, an initiative designed to support schools to open their facilities for both the children at the school and the local community.

Later in the year, the children at Bar Hill Primary will begin sessions within the area which support play, exploration and supported risk-taking and which develop confidence and self-esteem through learner inspired, hands-on experience in a natural setting.

The area, featuring a firepit and outdoor classroom, has been especially designed to enable and encourage engagement with the environment and one another through a range of activities such as: den and shelter building, outdoor cooking, exploring habitats, wildlife spotting, and creating nature-inspired artwork.





The area currently needs to fully mature, but we are hopeful it will be ready for use in mid-spring. We would love to share 'The Maples' with the Bar Hill Community. If you or your community group are interested in using the area, please register your interest by emailing the school office via office@barhillprimary.org

Bar Hill Primary School Engages Pupils in Innovative STEM Project

Bar Hill Primary School has made headlines as only the second school in the country to participate in a unique initiative aimed at enhancing road safety and environmental awareness. This exciting opportunity was brought to the school by Cambridgeshire's Road Safety Officer, Maree Richards, and is part of the school's ongoing commitment to its Junior Travel Ambassadors programme and STARS travel plan.

Recently, pupils from Reception to Year 6 engaged in a dynamic STEM education day, collaborating with Milestone Infrastructure to explore highways maintenance through interactive lessons. The event featured four themed sessions focusing on road safety, winter service, road repair, and design and delivery—all designed to inspire young minds about the importance of infrastructure and safety.

Pupils

participated in hands-on activities such as building jumbo marshmallow towers to understand engineering principles and experimenting with different road surfaces to learn about friction. A standout moment was the chance for pupils to see a road gritter and a "Dragon Patcher," a specialised pothole repair machine, up close.
The day was supported by 33 volunteers from Cambridgeshire Highways, who delivered a total of 36 lessons across nine classes. This collaborative effort not only enriched the pupils' learning experience but also reinforced the school's focus on community engagement and practical learning.

Nikita Frampton, PSHE Lead and Junior Travel Ambassador leader at Bar Hill Primary School, expressed her excitement about the initiative: "We were keen to take part in the day to enhance our STEM elements of the curriculum. The whole experience was a great success with children and staff alike gaining lots of knowledge from hands-on experience and informative presentations. It was wonderful to feel the buzz and witness engagement around school throughout the day."

Headteacher, Charlotte Linden, added: "STEM education is crucial for preparing our pupils for the future. By engaging in hands-on learning, they develop essential skills like critical thinking and teamwork. We are also keen to strengthen our links with Milestone Infrastructure, who will be driving our 'School Streets' project – a proactive solution to tackle road danger and air pollution. A big thank you to them for making this initiative possible."



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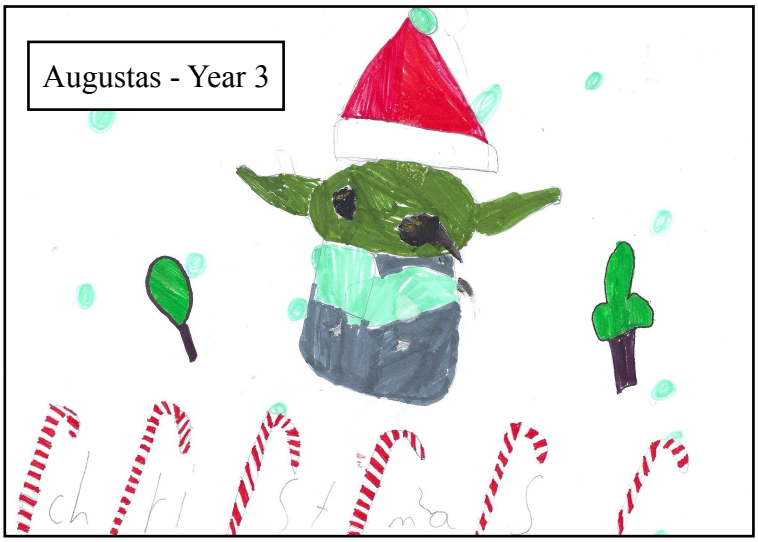
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BAR HILL LIBRARY - DECEMBER 2024

For those of you who enjoy a seasonal story, there are now plenty of Christmas books available in the library. Along with some old favourites, there are plenty of new titles to choose from.

If creating crafts is your thing, call into the library this month and help us make paper chains and other decorations. These will all be using sustainable materials, as is usual in our craft activities.

Please note our Christmas closure dates:

The last day our village library will be open before Christmas is Monday 23rd December. We will re-open on Friday 3rd January. See the table below for libraries with some open sessions between Christmas and New Year.

All Cambridgeshire Libraries except Cambridge Central, Histon, March, Rock Road, Soham, and St Ives will be closed from 1pm 24 December until Thursday 2 January, when usual opening hours resume.

	Fri 27 Dec	Sat 28 Dec	Sun 29 Dec	Mon 30 Dec	Tues 31 Dec	Wed 1 Jan
Cambridge Central	9.30am-5pm	10am-5pm	12-4pm	9.30am-5pm	9.30am-5pm	Closed
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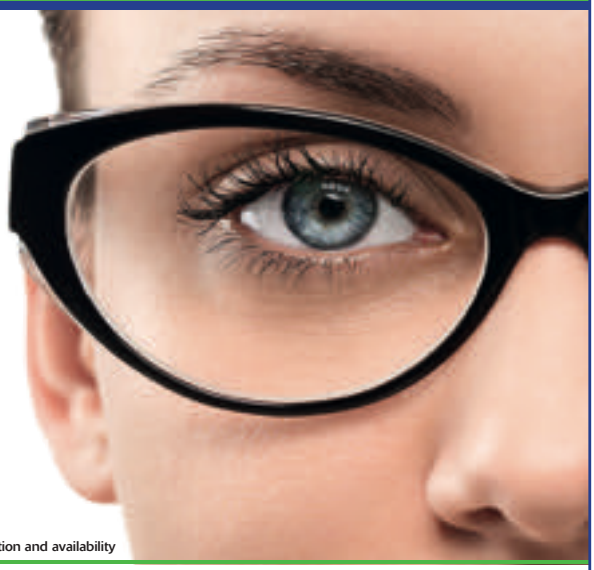
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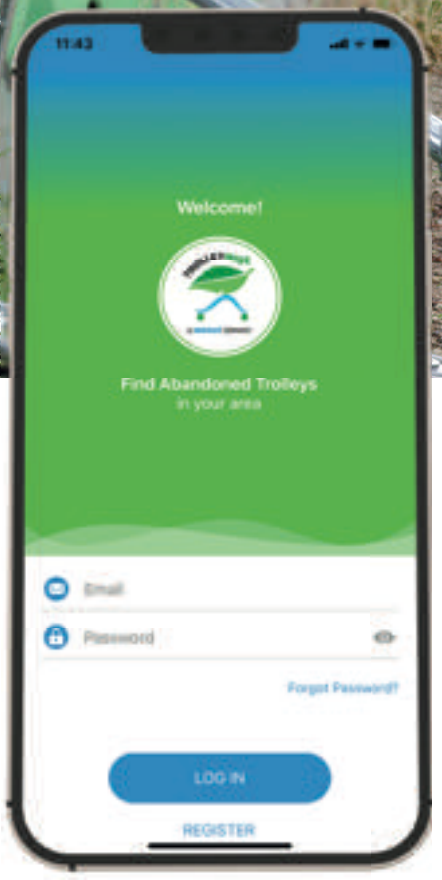
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November was a truly eventful month from many perspectives.

To start with, for the first time Bar Hill Pre School was trading under Bar Hill Preschool CIO Ofsted registration 2813416. We have also held our first annual general meeting (AGM) on the 4th November where new members joined to the committee as well. We also have had our first Ofsted inspection under the new registration, the official report will be available in December.

In November the children have been doing fireworks related drawings by using chalks & paints, colour mixing, and we talked about what we saw at the fireworks display. The 11th November was Remembrance day. On the day, we held activities like making a window display wreath, we visited the garden down by council office to see poppy wreaths which the children really enjoyed, and we also held a minute silence.

In this month we took part in the National nursery rhyme week (11th-15th) by singing classic nursery rhymes each day of the week as well as organising rhyming activities such as games, crafts & storytelling.

On Monday we sang the" Twinkle, twinkle" and did printing with star shapes.

On Tuesday we sang "Old MacDonald" with sensory tray based on a farm.

On Wednesday we sang "The big ship sails" and made boats using plastic pots seeing how the floated..

On Thursday we sang "Incy Wincy Spider" and organised a spider and spider web sensory tray and water play with plastic pipes.

On Friday it was five currant buns which we made with playdough.

We have also celebrated children in need with Pudsey and Peppa Pig by dressing up and activities involving these characters on the 15th November.

We offer places to children the term after they are two years old. We accept 2,3,4 year old funding and also are part of the tax free savings childcare scheme. See our website **www.barhillpreschool.co.uk** for more details or call **01954 782892** for an application form.



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www.crazydogladyservices.co.uk or call 07913 690021

Bar Hill Childminders

Bar Hill Childminders are all graded 'Good' on their latest inspections, are fully insured and have Paediatric First Aid training. We offer quality, caring, home from home care with a wide range of exciting experiences for the children, both within our settings and the local community.

We regularly go on walks, outings and attend local groups to help the children socialise. We find having a wide range of ages benefits all the children in our care, it helps the younger children's confidence and encourages the older children to be patient and understanding with the younger children, helping them learn and progress.

We accept all Government funding for eligible parents and the Government Tax Free Childcare payments.

As we are busy during the day with the children, please text us your enquiry with details of your requirements and we will contact you as soon as possible with our up to date availability and hourly rates.

Jacky – **07718447998** – ages 6 months upwards. Term time only and all year round care offered. Tuesday and Wednesday term time only available.

Kirsten – **07906218070** – ages 6 months upwards. Term time only and all year round care offered. No spaces available.

In October half term some of the children were lucky enough to visit St Neots fire station. The amazing firefighters showed us around the fire station, let us try on the uniform, climb into the fire engine and even use the hoses! We had a great time.

We have celebrated Bonfire night and Diwali, adding our crafts to our noticeboard. We also talked about Remembrance Day and used lots of red materials to make Poppy collages to show our respect for this who served. We made some into a wreath and laid it with the others by the church.





In December we will be making lots of beautiful Christmas crafts, cards, and presents for our families and having lots of festive fun.

In January we will learn about the winter, Chinese New Year and maybe make some New Year resolutions

December at The Fox

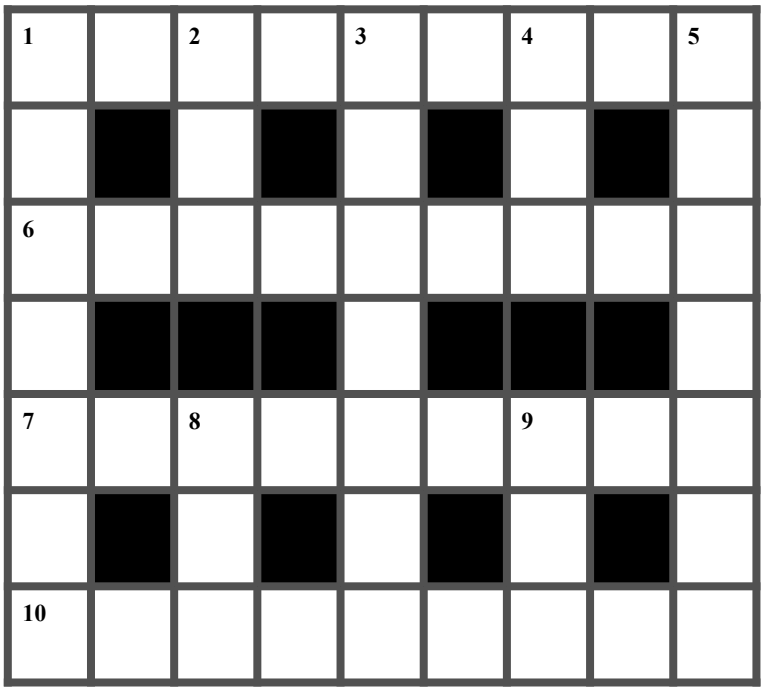
Our **Christmas Fayre Menu** is available between 1st – 31st December, must be booked in advance

Saturday 7th Pool Tournament 1st Round 7pm Finals Saturday 14th 7pm Singles & Blind Doubles	**Sunday 15th Darts Tournament** Enter our Singles Darts Tournament. Starting at 7pm	**Zennyoke Karaoke Saturday 21st December** Sing your heart out at our festive Karaoke night 8pm
Wednesday 18th Charity Quiz Night For MAGPAS, join us to raise money for this amazing charity 7.30 pm	**Saturday 21st Kid's Christmas Party** Disco with Party Games and Prizes 2 – 4pm	**Grand Charity Raffle Draw** Christmas Eve 9pm Raffle tickets will be sold throughout December, all profit goes to MAGPAS

New Years Eve Party 8pm - 1am

Live music from the amazing

STINGRAY



PUZZLE for DECEMBER 2024

Across: 1 Cheshire town, 6 benefits from a will, 7 more than one dinosaur, 10 a popular hobby. **Down:** 1 disturbance, 2 Scots exclamation, 3 singalong, 4 Away from home, 5 using a lathe, 8 golfing term, 9 a Japanese sash.



Vets for Pets Bar Hill

Hello Bar Hill! We are Vets for Pets and we want to introduce ourselves now we have settled into the village. Many people think, because of our name, that we are corporate veterinary practice, but we are an independently owned and managed team working in Partnership with a national brand.

I'm Hayley and I own both Bar Hill and Cambridge Beehive Vets for Pets. I studied at Cambridge University and live locally with my husband, two children and our Cardigan Corgi Marmalade who you will quite often see gracing the pages of social media.

Our Bar Hill practice is actually a relocation from Barnwell Road in Cambridge. We moved to our new purpose built practice at the beginning of 2024. We had outgrown our previous space and when the lovely spot in Bar Hill became available we snapped it up along with Pets at Home!

We have new equipment - all singing and dancing (and that includes our team!). We have a vast space with shiny new upgraded facilities and can offer you not only everything you expect from a general practice but multiple advanced treatment options too. Our particular passion as a practice is Laparoscopic (Keyhole) surgery. This is the gold standard in human surgery, so why shouldn't it be for animals too!? We have clients travelling for up to two hours to undergo our keyhole spays. We also offer regenerative joint injections for treating arthritis without using medications and advanced dental treatment. We work with external visiting vets so we can offer referral level Orthopaedic surgery, Cardiology and Ophthalmology in house.

We have five vets working full time to look after your pets. At Vets for Pets, we promote growth within the company so many of them have specific areas of interest and have taken extra exams to offer you and your pets a more comprehensive service.

The nursing team are the backbone of the practice and offer a wealth of experience and support to the vets; some members of the team have been with us for over 20 years.

We have a team of client care advisors who are on hand to assist you with any booking and administrative needs, from assisting with insurance claims to helping arrange finance if you need it. They are also always available to supply your pets with treats and fuss whilst waiting to be seen by the clinical team.

If you haven't stopped by before then please do come and say hello! You are welcome to use the scales to check your pet's weight and get them acclimated to the surroundings, to make future visits a bit more relaxing and calm. Please feel free to come and look behind the scenes too!

We want to be a valued member of the local area and will be a regular feature in this publication with an advice column. If you have any special requests such as how to get pills into a cat, muzzle training your pooch or getting your puppy used to the outside world whilst waiting for your vaccines, let us know. Please send any requests to us via email **barhill@vetsforpets.com** or you can Whatsapp us on **07360493944**. We take requests!

We also want to see your pets in the most festive spot! WhatsApp us the pictures and you may find yourself featured on our Facebook and Instagram pages!. We are sponsoring the Bar Hill Christmas Tree again this year – this might be a good photo opportunity!



Girlguiding
Bar Hill and Northstowe District

Girlguiding is thriving in Bar Hill. We have a Rainbow unit, two Brownie units and a Guide Unit. Every week girls are engaged in fun activities learning about themselves, their communities and the world around them.





Brownies is aimed at 7-10 year olds girls providing non-stop fun, learning and adventure. In November the two Brownie packs went away together for an adventurous weekend at Girlguiding Anglia's Hautbois Activity Centre. Whilst there they spent their time doing rock climbing and fencing as well as other outdoor activities while having fun with their friends.

Bar Hill Christmas Community Market

2nd Bar Hill Brownies will be at the Community Market on Saturday 7 December. We will be providing hot soup, cakes and games including our popular Human Fruit Machine with a Christmas twist. Please come and support us and the Christmas Community Market.

For more information email barhillguiding@icloud.com or go to the Girlguiding website https://www.girlguiding.org.uk/information-for-parents/register-a-child/

Cambridge Cats Protection. Making a better life for cats.

Call 01223 528 312 to provide a forever home for a cat or kitten in our care. For neutering advice call 01223 236 188.

CATS PROTECTION

Cats Protection is a registered charity 203644 (England and Wales), SC037711 (Scotland) and is listed as a Section 167 institution by the Charity Commission of Northern Ireland. BC_1770

IAN SOLLOM MP NEWSLETTER

At the end of October, all eyes (both those in Parliament and right across the UK) were firmly on the Chancellor as she delivered the Government's Autumn Budget. It was the first Labour Budget since 2010, the first by a female Chancellor and indeed the first Budget speech that I was in Parliament to witness first-hand.

The NHS, on its knees after the awful mismanagement of the Conservatives, has got to be the priority for this government, and it was shocking and disappointing to not hear a single mention of primary care in the Budget speech. GPs and dentists are the frontline of our NHS and it's deeply concerning that the only clarity they have at the moment is an increase in costs from the increase in Employer's National Insurance Contributions. I worry what this means for residents of St Neots and Mid-Cambridgeshire given the challenges many already face in accessing primary care.

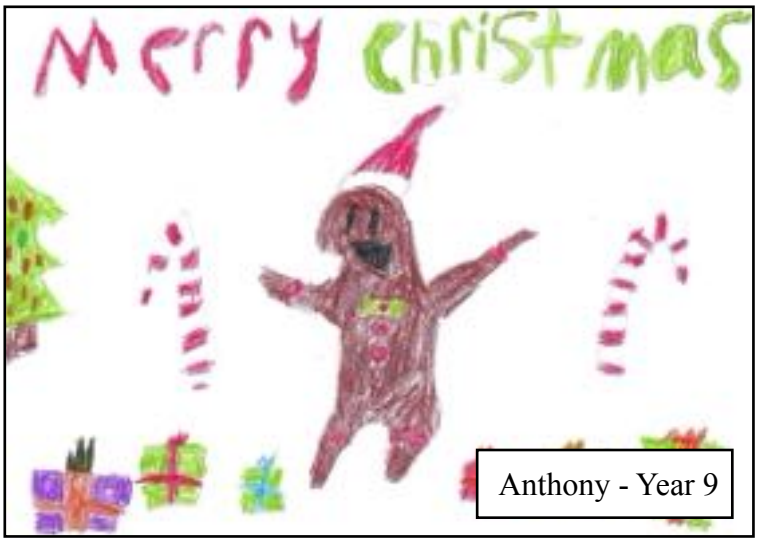
Bar Hill's GP Surgery has been a particular concern of mine recently. While I received many letters this month from GPs concerned about the effect the Government's decision to raise Employer's National Insurance Contributions would have on their surgeries' budgets, I also heard of the problems the Maple Surgery is facing with its physical infrastructure. Too many local surgeries have given back their contracts recently due to seeing ever-growing NHS Property Services (NHSPS) charges, but little to no action on remedying infrastructure problems, and I do not want to see Maple Surgery forced to do the same. Having discussed this with colleagues in Parliament, it is clear that these issues with NHSPS are not isolated to Bar Hill but are widespread across many constituencies. I am now planning to write directly to the Secretary of State for Health and Social Care to raise this and press for better transparency in the allocation of funding to GP surgeries.

In other news, this month I wrote to the Bar Hill Parish Council to support the Bar Hill Community Association Christmas Committee's application for a funding grant for the Christmas Light Switch On. Seeing towns and villages across the constituency begin to be lit up for the festive season will be a much-welcome lift from the colder weather that has suddenly arrived! I look forward to attending the event myself on the 7th of December.

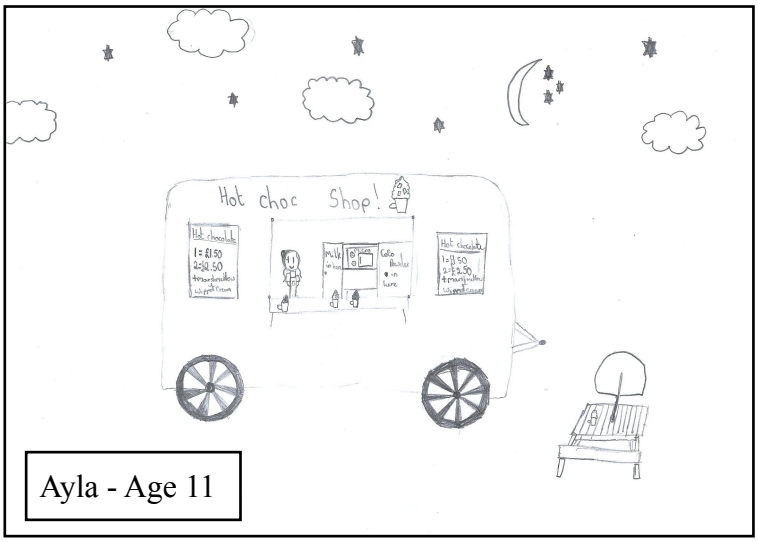
I now have regular weekly surgeries happening both in person across the constituency and online for those who prefer that option. So far, I have held surgeries on Fridays and Saturday mornings in St Neots, Cambourne and Northstowe, as well as every Wednesday morning online. I hope to venture to many other places in the upcoming months. The surgeries are by appointment only, so if you would like to meet, please contact me at the address below and a member of my team will be in touch.



If you would like to contact me, please email **ian.sollom.mp@parliament.uk**, visit my website **www.iansollom.org**, or alternatively you can follow me on X: @IanSollom, Facebook **www.facebook.com/IanFSollom** or Instagram **www.instagram.com/iansollom**



Anthony - Year 9



Ayla - Age 11

Maggie's Carol Concert

We're delighted to announce that our annual carol concert will be taking place on Sunday 8 December at 4pm. Join us for a festive afternoon of carols and readings at the beautiful St John's College Chapel. This year we're joined by the Cantilena Singers who will take us on a journey through the mystery and wonder of the Christmas story.

MAGGIE'S

Please scan the QR code for tickets.





Castiel - Age 8



Alice - Age 8

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Bar Hill Church

come and sing

Carols by Candlelight

Sunday 22 December 6:00 pm

followed by hot drinks & mince pies

All welcome

Come and join Onyx and his friends at our popular....

Norman's Dog Day Care

PUPPY SOCIALISATION & TRAINING SESSIONS



We have over 500 puppies successfully trained since the first easing of lockdown.

Sessions run twice daily Monday to Friday

AM session: 8am to 12 noon*

PM session: 12:30pm to 4:30pm*

£20 per session (up to 6 months)

The course is designed and run by Tamsin-Jane Sewell a degree qualified Canine Psychologist, leading local dog behaviorist and highly acclaimed trainer. Here your puppy will be scientifically introduced to many other breeds of dog where he/she will learn to socialize properly, giving your new fur baby the very best start in life. Our aim is to help you develop a well rounded and contented dog from puppy through to senior citizen.

During each session an element of training is introduced, tailored to your dogs identified developmental needs, with a short video uploaded to a dedicated and exclusive 'members only' training area on our Facebook page. This will contain a demonstration of each task/developmental aspect with useful 'how to' tips to help you continue the training in your own home. Come and join us in our clean, safe and popular Day Care Facility in the village of Over just outside Cambridge.

NORMAN'S

★★★★★ RATED FACILITY

Book your space now on 07764 959238 or TJ@normansdogdaycare.co.uk



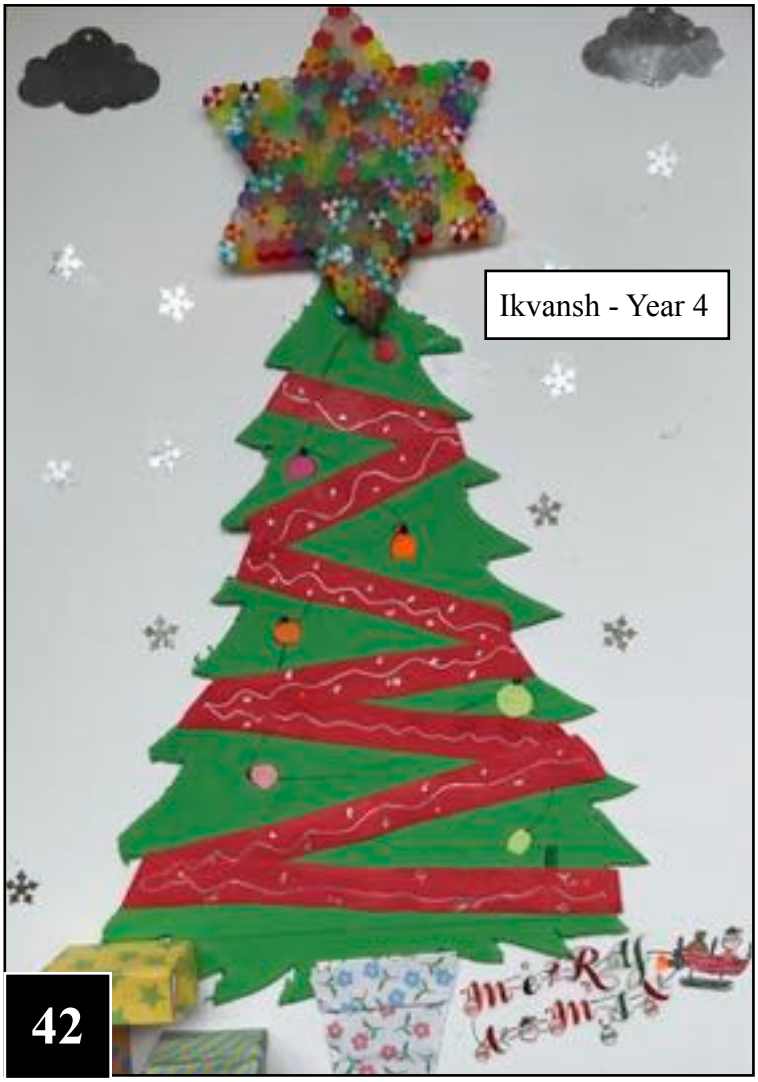
Balaraddi - Year 4

Cambridge Half Marathon Sunday 9 March 2025

General entries have now sold out, but you can still take part in this iconic run through the beautiful city of Cambridge for Maggie's.

There'll be huge crowds, an incredible atmosphere, as well as a bag, medal and T-shirt for all finishers. Scan the QR code to sign up to Team Maggie's to take part in this unforgettable event.





Ikvansh - Year 4

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FRIENDS OF THE ROSIE

The Friends of the Rosie Hospital are raising money to help make the Rosie a more comfortable environment for mothers and babies.

We are selling all sorts of wonderful gifts online suitable for Christmas or holiday crafting activities.Alternatively come and shop in person during December at Community Markets in;

- Bar Hill on Sat 7th,
- Waterbeach on Sun 15th 10am to 2pm

New members are always welcome, whether to contribute financially, to join our team of knitters, join our committee, provide transport for our volunteers or display a small selection of our wares. If you would like to donate some of your spare time check out our website's volunteering page.

Thank you for your continued support and we wish you all the very best for 2025!

Avril Williams | **01954 782431**
avril@rosieinstitches.org.uk
and Jo Hall | **01954 780304**

You can purchase online from our shop;
rosieinstitches.org.uk/wordpress/shop
You can also donate, just by shopping online in your usual stores, via Easy Fundraising. You can sign up to support us here;
easyfundraising.org.uk/causes/forh/





Buttercups Childcare Ltd

Bar Hill Day Nursery and Out of School Club

www.buttercupschildcareltd.co.uk

Bar Hill Day Nursery is based in Gladeside, Bar Hill. We are open 7.30am – 6pm, Monday to Friday, 50 weeks per year. We have spaces year-round or term-time for children aged 4 months to 4 years. Please contact the Nursery for more information or to arrange a visit. **Phone: 01954 488081 Email: info@buttercupschildcareltd.co.uk**

Bar Hill Out of School Club is based in the building next to Bar Hill Primary School. We offer Before and After School care and Holiday Club for Primary aged children. We are open 7.30am – 8.45am, 3pm – 6pm Monday to Friday and 8am – 6pm during school holidays. For more information or to make a booking please contact the Out of School Club: **Phone 01954 200814 Email: oosc@buttercupschildcareltd.co.uk**

Care Together – supporting older adults across Cambridgeshire

Cambridgeshire County Council is reshaping the way it offers local support to older adults. The Care Together programme is working in collaboration with other agencies and charitable organisations to make this change. We offer seed funding grants annually to establish or expand community groups with a focus on reducing social isolation, loneliness and improving the wellbeing of older adults and those caring for them.

In 2023 the Care Together programme awarded funding locally to the Evergreens reminiscence group to set up and work in connection with the local social prescriber. The group invites some local people to these groups each month. The Knit and Natter group were awarded funding to continue their work and extend opportunities to new people wanting to learn how to knit. They have bought knitting needles and wool and welcome new people each week. This year, the Cambridge United Foundation Trust were awarded a grant to continue their work with walking footballers.

Care Together commissioner – Leneva Nwachukwu has spoken to many participants across the three grant funded projects, and shared her findings: “People attending these groups are enjoying the activity and plan to continue attending. It is a delight to hear back from people about improvements in physical and mental wellbeing and know that these groups are bringing people together locally. Some people I have spoken to across South Cambridgeshire experience social isolation and are concerned about their mental wellbeing. We are hoping an increasing number of partners will work with us to offer more opportunities for older adults to get involved in”.

Another initiative from the Care Together team is the introduction of Care Micro-Enterprises (CMEs). These are small businesses who can offer care & support services locally to residents. They have a particular focus on supporting older adults to live well and independently in their own homes. The type of support CMEs offer could include:

- **Care Respite Services** – providing breaks from caring for informal carers
- **Holistic Homecare** – general wrap around support typically delivered in the home, to enable a person to continue to live well independently. This could include things like cleaning, gardening, meal preparation, prescription collections, grocery shopping, support to access GP appointments, companionship & befriending, support with administration & correspondence
- **Personal care** – day to day support i.e., bathing, dressing and medication

You can ask about all our CMEs by contacting us at cmedevelopment@cambridgeshire.gov.uk or calling 01223 706100.

Comberton Ramblers

50 Years Old 1974 - 2024

Join our friendly group for wonderful walks

Comberton Ramblers walk alternative Sundays between 5-7 miles.

The original concept of the club hasn't changed since 1974, it is to encourage people to take a walk in their local countryside, enjoy a social chat, and at the same time learn a little about the local flora and fauna, but all in a friendly and informal atmosphere.

You are welcome to join us on any two of our walks to see if our group is for you. Then, once you have enjoyed the views, fun, exhilaration, it is just a case of becoming a member. Annual membership membership fee is £10.00 per person.

No dogs are allowed except assistance dogs.

For further information please contact me: **stella.hardwicke2274@hotmail.com** or **01954 210049** (mobile **07930 951703**).

Stella – Secretary

https://combertonramblers.org.uk



Swavesey Camera Club

One of the leading clubs in East Anglia

Our club restarts after the Xmas break on Thursday 9th January 2025 7pm - 9pm.

We are always keen to encourage new members to join and pride ourselves on being a very friendly, welcoming club with activities to suit all abilities.

We will have some great guest speakers at some of our meetings covering a variety of subjects eg. Travel, wildlife, architecture, landscape, and creative photography. We also have internal and external competitions. There will also be members nights covering various topics - so something for everyone !

The full annual subscription this season (September 2024 - June 2025) is;

- Adult £68 (Pro rata)
- Concession £55 (Pension age) (Pro rata)
- Youth membership £20 (Pro rata)
- Guest visitor - £4 per meeting

Come along and try us out!

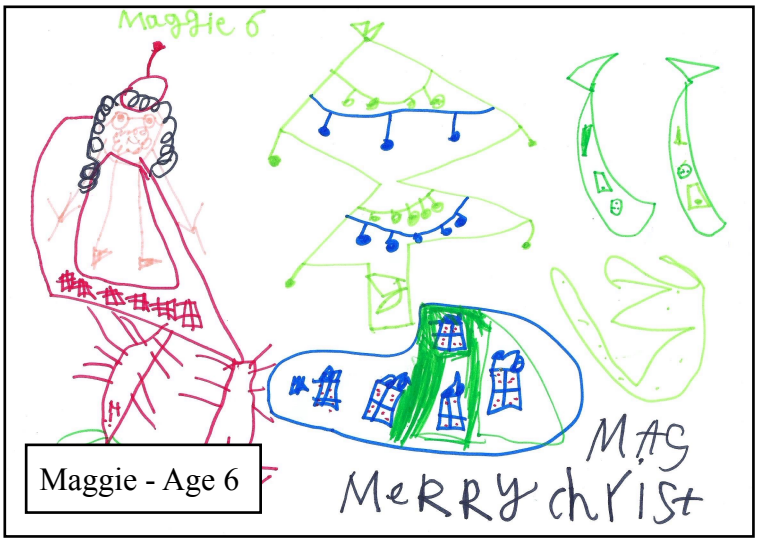
The Club meets in the "Carol Shaw' room at Swavesey Village College every Thursday during College term time 7pm - 9pm.

For further info and to see some of our members photos check out our website (see below).

If you would like more information about the club or you are thinking about joining us please get in touch by filling in the "Contact Us" form on the website.

Maggie O'Moore
Committee member
Swavesey Camera Club

www.swaveseycameraclub.co.uk



Maggie - Age 6



Giselle - Age 5

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or
Kylie on 07983789331

or Call the salon on 01223 375011

Bar Hill Church

Christingle Service

for children of all ages (0 to 99+)

Everyone welcome

Christmas Eve at 4:00 pm

Make a Christingle during the service

and take it home.

BAR HILL COMMUNITY MARKET

Christmas Market and Tree Lighting Event

Saturday 7th December



Indoor Market 2 – 6pm

In the OCTAGON CB23 8EH

Tree Lighting from 4pm

Refreshments served by 2nd Bar Hill Brownies

Handmade Christmas present crafts. 'Hunt the Gnomes'

Karen Austen 07913923349 or

bar.hill.community.market@gmail.com

facebook: Bar Hill Community Market



Swavesey RADSOC Presents

The Wind in the Willows ... the Pantomime!

A new family pantomime by Matt Isham

17th -19th January 2025

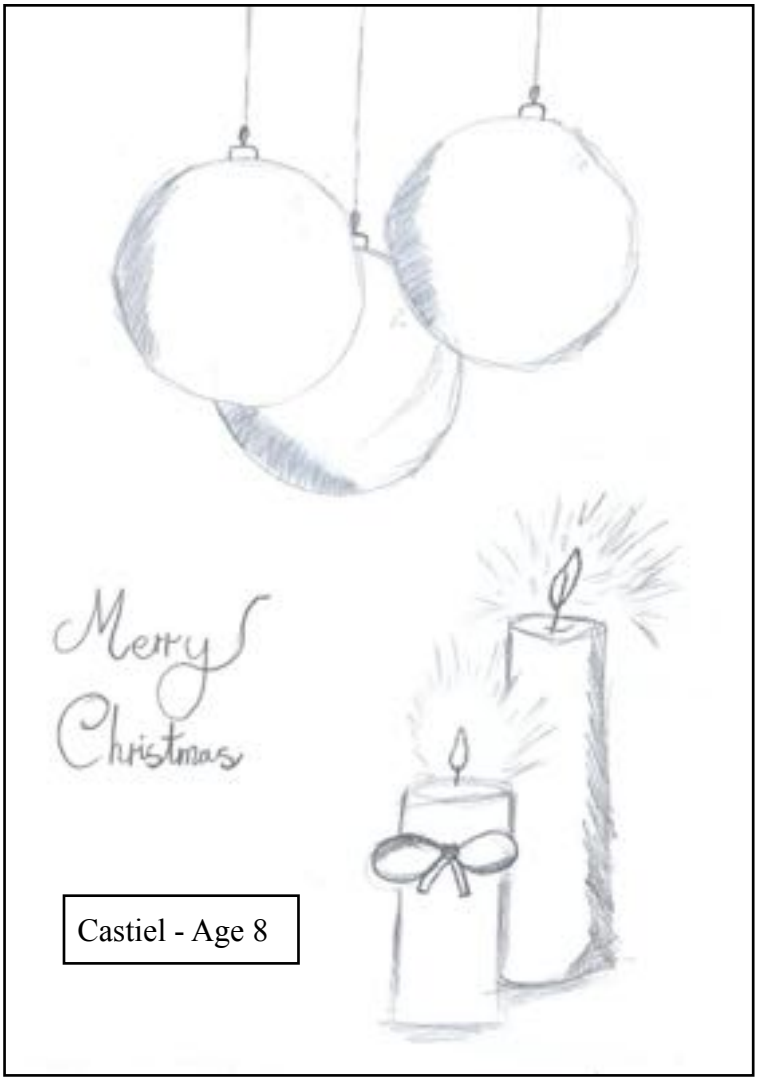
TICKETS NOW ON SALE

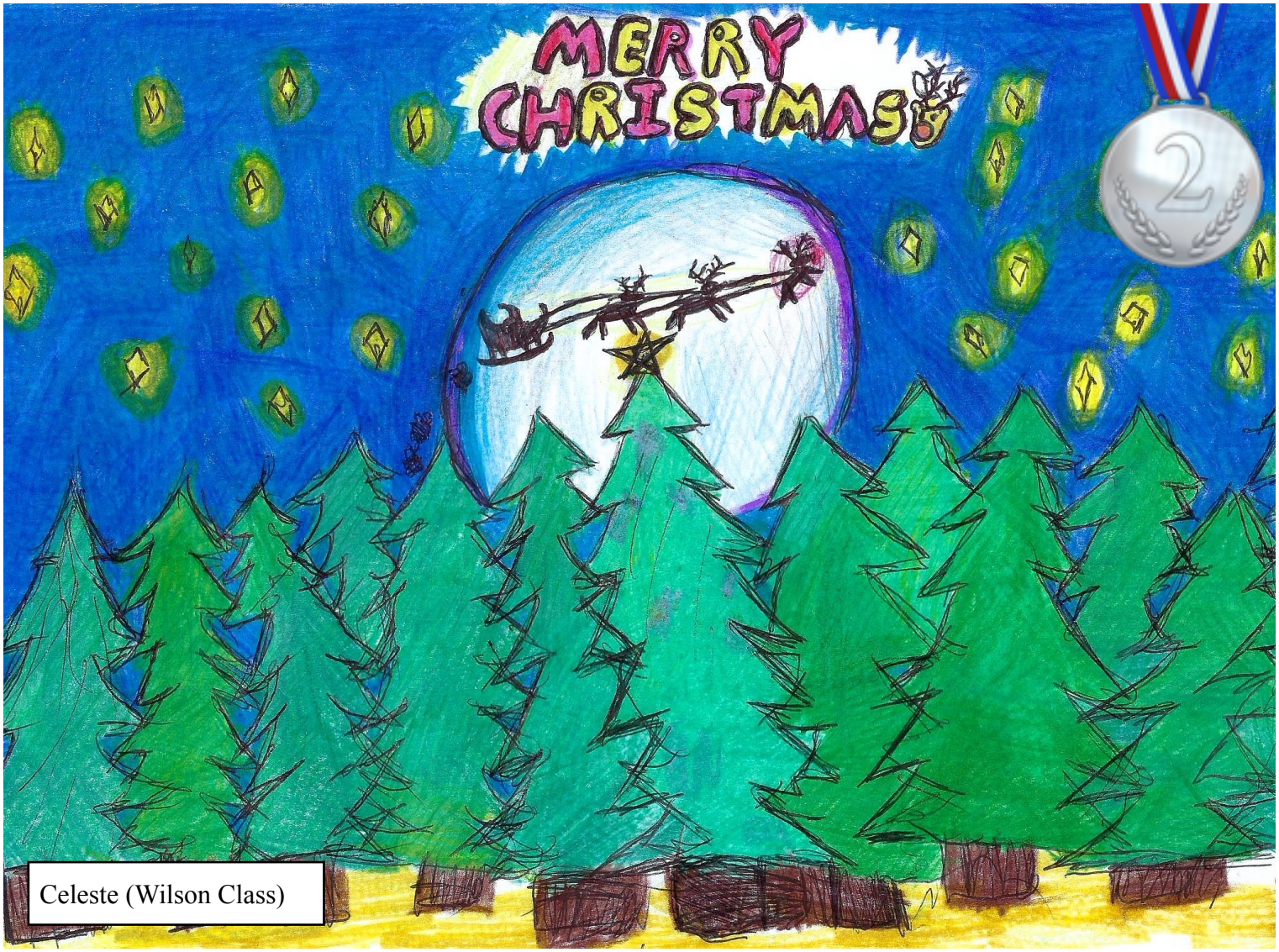
Swavesey Village College

For info and tickets visit

www.swaveseyradsoc.org.uk

Box Office: 07563 334555





Celeste (Wilson Class)

Bar Hill

Community Choir Christmas Carols

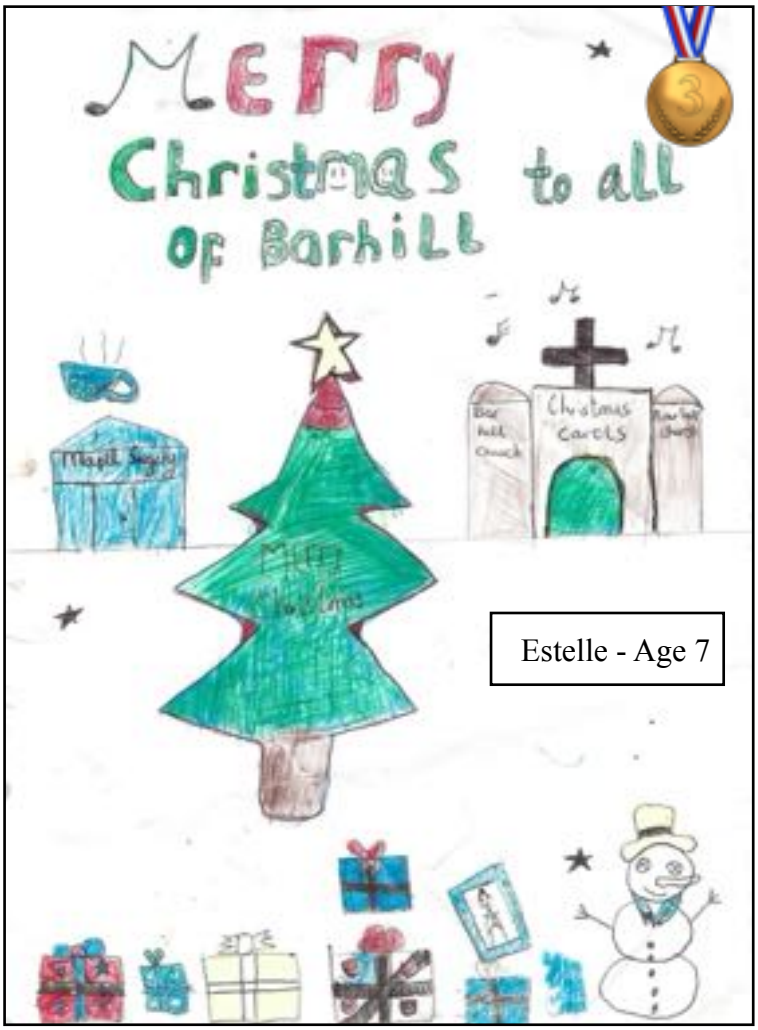
Please join us for a Christmas Carol sing-along with performances from the Bar Hill Community Choir
Bar Hill Church Octagon Room
Thursday 19th of December 7:45pm-9:15pm

To find out more, email:
cambridgemusicforwellbeing@gmail.com

No tickets required, but donations are welcome!



Join us for mince pies afterwards!



Estelle - Age 7